

**School's out**

AFTER SCHOOL ACTIVITIES MADE EASY!

Spring Activities Grades 2-7  
2021



## Spring Activity Schedule Grades 2-7

**March 29<sup>th</sup>-June 26<sup>th</sup>**

Monday	Tuesday	Wednesday	Thursday	Friday
NEW!! Parkour & Hip Hop Grades 2-7 @ Langley Parkour & Phoenix Dance	NEW!! Acro & Baton Grades 2-7 @Phoenix Dance	Ninja Parkour Grades 2-7 @Langley Parkour	NEW!! Cheer & Dance Grades 2-7 @Langley Cheer & Athletics & Phoenix Dance	Music grades 2-7 @Inspire Arts
Art grades 2-3 @Horizons Art	Art grades 4-7 @Horizons Art	Cheer & Tumbling Grades 2-7 @Langley Cheer & Athletics & Phoenix Dance	Coding grades 4-7 @Level Up	NEW!! Ballet & Rhythmic Gymnastics Grades 2-7 @Phoenix Dance
NEW!! Creative Writing grades 4-7 @ Suzanne Montigny Writing	Coding grades 2-3 @Level Up	Music grades 2-7 @Inspire Arts	Manes & Reins Riding & Equine Studies @A&T Equestrian	NEW!! Martial Arts Grades 2-7 @Changs TaeKwonDo
		Manes & Reins Riding & Equine Studies @A&T Equestrian		

### All School's Out parents of kids in grades 2-7 please:

1. go to [www.schoolsoutsurrey.com](http://www.schoolsoutsurrey.com) and log into your account
2. register for your activities & your pick up for each day of the week that your child attends School's Out
3. be sure to send the uniforms and supplies that your child needs for their activities (listed in class descriptions)



17720 57 ave. Surrey, B.C. 778-800-2880 [www.schoolsoutsurrey.com](http://www.schoolsoutsurrey.com)

### **Manes and Reins - Wednesday's and Thursday's Grades 2-7**

#### **A&T Equestrian: 4615 190 Street, Surrey B.C.**

Our Manes and Reins program teaches the basics of stable management and English style riding, but above all, provides lots of hands-on experience to make students comfortable and happy around their equine friends. Lessons rotate through 3 stations each week; a 30-45min riding lesson, plus two other stations with instructors who will teach how to groom, tack, feed, trailer and more! Make sure to bring boots and a bike helmet for each lesson and dress for the weather!



*Check out A&T equestrian for information about their wonderful facility and trainers!*  
[www.atequestrian.ca](http://www.atequestrian.ca)

### **Coding - Tuesday's and Thursday's**

#### **Level Up Learning Center : 5631 176a Street**

Studies have shown that learning coding at a young age can boost self esteem, self confidence and creativity! At Level Up, we offer the finest and the best coding classes for kids grades 2 and up. Students will have a blast discovering coding through our Roblox Game Creation using LUA Programming Language. They will also learn the scratch programming language using Scratch 2. Our instructors are experts at teaching coding to kids in a fun way so that they can be awesome creators. Students are required to wear a mask and bring their own headphones to this class.

*Check out Level Up Learning Centers for more information on their programs and how they can help your child level up their future!*  
[www.centalsurrey.levelupkids.ca](http://www.centalsurrey.levelupkids.ca)



### **Group Music (Guitar/Piano/Drums/Flute) - Wednesday's and Friday's grades 2-7**

#### **Inspire Arts Academy: 107-5577 - 153A St. Surrey, BC**

Join us for group music lessons at Inspire Arts Academy! Your favourite music teachers from Aspire are joining the team! Our qualified team of teachers know that music is in YOU! We aim to make learning enjoyable and productive for all students. Study several instruments including piano, guitar, drums and flute in a fun group setting. Students are required to wear a mask and bring their own headphones to class.

Visit Inspire Arts to learn more about their facility, their talented team of instructors and private lesson options. <http://www.inspirearts.ca>



### **Parkour & Hip Hop Mondays grades 2-7**

#### **Ninja Parkour –Wednesdays Grades 2-3**

#### **Langley Parkour: 108-19292 60th Ave Surrey, B.C.**

Parkour is a method of physical training that develops one's ability to overcome obstacles (both physical and mental). Parkour is essentially the art of getting from point A to point B as quickly and safely as possible. With our custom built equipment, the Parkour classes will teach the fundamentals of this sport in a safe and structured environment. At Langley Parkour we are excited to be one of the premier studios for intense and fun parkour classes. Challenge yourself to reach your own true potential! Students are required to change into their gym strip (yellow School's Out t-shirt and black shorts, joggers or leggings) plus clean indoor only running shoes for this class.



Visit Langley Parkour for information on their programs and facility!  
[www.langleyparkour.com](http://www.langleyparkour.com)

On Mondays Parkour will be combined with a fun hip hop dance class with Miss Voula at Phoenix Dance. Students are required to change into their gym strip (yellow School's Out t-shirt and black shorts, joggers or leggings) plus clean indoor only running shoes for this class.



**PHOENIX DANCE**  
Passion Strength Perseverance



### **Martial Arts- Fridays Grades 2-7**

**Chang's TaeKwonDo: 107- 372-0372 Surrey, B.C.**

NEW!! Contact us for class description. Uniform included. Hair must be worn up.



**CHANG'S  
TAEKWONDO**

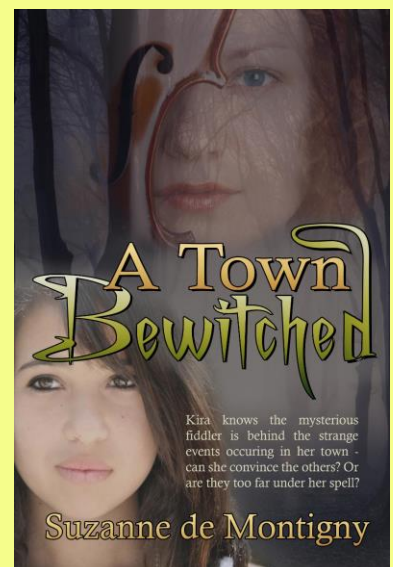
Check out Chang's TaeKwonDo! Locations in Cloverdale, White Rock, Aldergrove, Mission & Delta! [www.changstaekwondo.ca](http://www.changstaekwondo.ca)

### **Creative Writing Club with Suzanne de Montigny – Mondays Grades 4-7**

**Cloverdale Public Library: 5642 176A street Surrey, B.C.**

NEW!! Find out what makes a great novel that will keep your readers pages turning. Join award winning author Suzanne de Montigny, author of 'The Shadow of the Unicorn' series and 'A Town Bewitched' to learn and create. Classes will start with a live reading from an inspiring book and group discussion of writing techniques used. Suzanne will introduce a writing technique each class and give a short exercise to put it into practice. Students will also be given time to work on their own creative writing project and will have one on one coaching from Suzanne each class. The teacher will choose her favourite piece of creative writing from the class to publish as an e-book on Kindle! Bring a pencil, eraser and notebook to class!

Find out more about Suzanne de Montigny and her writing workshops at [www.suzannedemontigny.com](http://www.suzannedemontigny.com)



## **Art -Monday's Grades 2-3 and Tuesday's Grades 4-7**

### **Horizons Art Studio: 17720 57 Ave Surrey, B.C.**

In art, students explore the artistic process, plan, create, reflect and present. We discuss ways to begin a project, explore material and techniques, and learn how to reflect on our own work. Self-assessment and critical analysis of art forms developed by others are also part of curriculum to build holistic understanding of art. We will explore visual art through the elements of art and principles of design. The course is structured to accommodate age groups and student's capability in understanding the process and technique of the specific art form. Student's artwork stays in the art room until the end of the curriculum. At the end of course curriculum, all the students can take their own art portfolio home.



*Check out Horizons Art Studio for more information on this new, exciting art school led by our very own Miss Vishakha!*  
[www.horizonsartstudio.ca](http://www.horizonsartstudio.ca)

## **Cheer & Tumbling – Wednesdays Grades 2-7**

### **Cheer & Dance – Thursdays Grades 2-7**

### **Langley Cheer and Athletics: 19292 60th ave Surrey, B.C.**

Fall in love with the sport of cheerleading! Our one of a kind, dynamic curriculum will fit every parent and child's needs and aspirations. Cheer is a physical sport implementing jumps, dance, stunts and tumbling. Cheer focuses on flexibility, endurance, strength and coordination and is an excellent way to build self confidence, develop friendships and set personal goals as an individual and team member. Students are required to change into their gym strip (yellow School's Out t-shirt and black shorts, joggers or leggings) plus clean indoor only running shoes for this class.

Visit *Langley Cheer & Athletics* to find out more about their programs and coaches! [www.langleycheer.com](http://www.langleycheer.com)



**Phoenix School of Dance: 108-19292 60th Ave Surrey, B.C.**

This class will work to strengthen their Jazz technique and learn new, more challenging steps. We will be learning new dance combos every couple weeks so that dancers can master the steps they are learning and add performance quality on top of them. Dance classes with Miss Kaitlyn will be a mix of jazz and contemporary styles. Contemporary dance is an expressive form of dance that incorporates a variety of other styles such as jazz, lyrical, modern and ballet. Students will explore different dynamics and textures of movement through across the floor exercises, choreographed combinations and improvisation. All students will be encouraged to challenge their own creativity and discover new connections to movement, while furthering their technique and performance. Students are required to wear black leggings, black jazz shoes, a black bodysuit or a yellow School's Out t-shirt to class. Students must have their hair up for class.



*Check out Phoenix School of Dance! At Phoenix you will find many familiar faces, high caliber dance training and a true love for dance! [www.phoenixschoolofdance.com](http://www.phoenixschoolofdance.com)*

**PHOENIX DANCE**

Passion Strength Perseverance

**Ballet & Rhythmic Gymnastics – Fridays grades 2-7**

**Phoenix School of Dance: #107 19292 60<sup>th</sup> Ave Surrey, B.C.**

Discover the beauty of ballet and rhythmic gymnastics styles. The ballet class begins with a lesson on proper dance posture and technique. We use the grade 1-5 syllabus from the Royal Academy of Dance to teach a good foundation for classical ballet with logical progressions for young children. The rhythmic gymnastics part of class will focus on movement, choreography and expression through movement and use of props such as balls, ribbons and hoops. Students are required to wear proper ballet uniforms including a black bodysuit, pink tights and pink ballet slippers. Students **MUST** have their hair up off of the face and neck for class (inquire for boys uniform).



**PHOENIX DANCE**

Passion Strength Perseverance

### **Acro & Baton - Tuesdays Grades 2-7**

#### **Phoenix School of Dance: 108-19292 60th Ave Surrey, B.C.**

Look what I can do! Handstands, bridges, cartwheels and more. Acro and Tumbling classes will allow students to explore the different subsections of Acro and Tumbling in a fun, and educational way. Our accredited teachers will be using the Acrobatic Arts Syllabus to ensure safe, logical progressions in this class. The classes are adapted to allow students to progress at their own pace. The classes will focus on increasing flexibility, strength, balance, limbering, tumbling. Partner work and choreography will be introduced as the skill and ability level allows. . Students are required to wear black leggings, a black bodysuit or a yellow School's Out t-shirt to class. Students must have their hair up for class.

#### **Surrey Baton Club @ Phoenix School of Dance: 108-19292 60<sup>th</sup> Ave Surrey,B.C.**

NEW!! The Baton part of the class will introduce students to the exciting sport of baton. Baton incorporates elements of gymnastics adapted to baton twirling to create exciting displays. Students are required to wear black leggings, a black bodysuit or a yellow School's Out t-shirt to class. Students must have their hair up for class.



*Phoenix School of Dance is now accepting registrations for fall classes! Ballet, Tap, Jazz, Lyrical, Contemporary, Hip Hop, Musical Theatre, Acro and more!*

[www.phoenixschoolofdance.com](http://www.phoenixschoolofdance.com)